

Post

FOODSERVICE

BOWL PACK CEREAL

A full line of BOWL PACK cereals for your school breakfast and CACFP needs. Plus, many more varieties for hospitality and healthcare. Great for grab-and-go!

Versatile offerings work on the tray line as well as after school and summer feeding programs!



Malt O Meal **SCOOTERS** CEREAL

| Amount/Serving | % DV | Amount/Serving | % DV |
|--------------------------|-----------|------------------------|-----------|
| Total Fat 2g | 3% | Total Carb. 21g | 7% |
| Saturated Fat 0.5g | 1% | Dietary Fiber 3g | 10% |
| Trans Fat 0g | 0% | Soluble Fiber 1g | |
| Polyunsaturated Fat 0.5g | | Insoluble Fiber 2g | |
| Monounsaturated Fat 0.5g | | Total Sugars 0g | |
| Cholesterol 0mg | 0% | Incl. 0g Added Sugars | 0% |
| Sodium 140mg | 6% | Protein 3g | |

Nutrition Facts
Serving size 1 bowl (28g)
Calories per serving 110

INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE, FOLIC ACID, BIOPOLYMER (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12, CONTAINS WHEAT.

POST CONSUMER BRANDS, LLC
LAKEVILLE, MN 55044, USA

Post BRANDS **0g** **1-800-743-3029** or visit us on the web at postconsumerbrands.com

NET WT 1 OZ (28g)

Malt O Meal **Crispy Rice** CEREAL

| Amount/Serving | % DV | Amount/Serving | % DV |
|------------------------|-----------|-------------------------------|-----------|
| Total Fat 0g | 0% | Total Carbohydrate 16g | 5% |
| Saturated Fat 0g | 0% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | 0% | Total Sugars 2g | 1% |
| Cholesterol 0mg | 0% | Incl. 2g Added Sugars | 4% |
| Sodium 105mg | 5% | Protein 1g | |

Nutrition Facts
Serving size 1 bowl (56g)
Calories per serving 190

INGREDIENTS: Whole Grain Wheat, Sugar, Gelatin, Freshness preservative with Vitamin E (mixed tocopherols), Thiocyanate (source of iodine), Folic Acid, Niacinamide (Vitamin B3), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Calcium Phosphate (Vitamin D), Vitamin B12, Vitamin B1, Phosphorus, Hydrochloride (Vitamin B9), Vitamin B2, Vitamin B12, Vitamin D3.

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NET WT 1 OZ (28g)

Malt O Meal **Cinnamon Toasters** CEREAL

| Amount/Serving | % DV | Amount/Serving | % DV |
|--------------------------|-----------|------------------------|------------|
| Total Fat 3.5g | 4% | Sodium 140mg | 6% |
| Saturated Fat 0g | 0% | Total Carb. 22g | 8% |
| Trans Fat 0g | 0% | Dietary Fiber 2g | 6% |
| Polyunsaturated Fat 0.5g | | Total Sugars 9g | |
| Monounsaturated Fat 2g | | Incl. 9g Added Sugars | 18% |
| Cholesterol 0mg | 0% | Protein 1g | |

Nutrition Facts
Serving size 1 bowl (28g)
Calories per serving 110

INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE, FOLIC ACID, BIOPOLYMER (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12, CONTAINS WHEAT.

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NET WT 1 OZ (28g)

Malt O Meal **Honey Crunch** CEREAL

| Amount/Serving | % DV | Amount/Serving | % DV |
|--------------------------|-----------|-------------------------------|------------|
| Total Fat 1.5g | 3% | Total Carbohydrate 22g | 8% |
| Saturated Fat 0g | 0% | Dietary Fiber 2g | 7% |
| Trans Fat 0g | 0% | Total Sugars 5g | 1% |
| Polyunsaturated Fat 0.5g | | Incl. 5g Added Sugars | 10% |
| Monounsaturated Fat 1g | | Protein 0g | |

Nutrition Facts
Serving size 1 bowl (28g)
Calories per serving 110

INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE, FOLIC ACID, BIOPOLYMER (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12, CONTAINS WHEAT.

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NET WT 1 OZ (28g)

Malt O Meal **Marshmallow M&M's** CEREAL

| Amount/Serving | % DV | Amount/Serving | % DV |
|--------------------------|-----------|-------------------------------|------------|
| Total Fat 1.5g | 3% | Total Carbohydrate 22g | 8% |
| Saturated Fat 0g | 0% | Dietary Fiber 2g | 7% |
| Trans Fat 0g | 0% | Total Sugars 5g | 1% |
| Polyunsaturated Fat 0.5g | | Incl. 5g Added Sugars | 10% |
| Monounsaturated Fat 1g | | Protein 0g | |

Nutrition Facts
Serving size 1 bowl (28g)
Calories per serving 110

INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE, FOLIC ACID, BIOPOLYMER (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12, CONTAINS WHEAT.

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NET WT 1 OZ (28g)

Malt O Meal **Fruity Pebbles** CEREAL

| Amount/Serving | % DV | Amount/Serving | % DV |
|--------------------------|-----------|-------------------------------|------------|
| Total Fat 1g | 2% | Total Carbohydrate 24g | 9% |
| Saturated Fat 0g | 0% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | 0% | Total Sugars 13g | 3% |
| Polyunsaturated Fat 0.5g | | Incl. 10g Added Sugars | 20% |
| Monounsaturated Fat 0.5g | | Protein 1g | |

Nutrition Facts
Serving size 1 bowl (28g)
Calories per serving 110

INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE, FOLIC ACID, BIOPOLYMER (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12, CONTAINS WHEAT.

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NET WT 1 OZ (28g)

Post **SHREDDED WHEAT** Frosted Cereal

| Amount/Serving | % DV | Amount/Serving | % DV |
|--------------------------|-----------|-------------------------------|------------|
| Total Fat 1g | 2% | Total Carbohydrate 46g | 15% |
| Saturated Fat 0g | 0% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | 0% | Total Sugars 13g | 3% |
| Polyunsaturated Fat 0.5g | | Incl. 10g Added Sugars | 20% |
| Monounsaturated Fat 0.5g | | Protein 1g | |

Nutrition Facts
Serving size 1 bowl (56g)
Calories per serving 190

INGREDIENTS: Whole Grain Wheat, Sugar, Gelatin, Freshness preservative with Vitamin E (mixed tocopherols), Thiocyanate (source of iodine), Folic Acid, Niacinamide (Vitamin B3), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Calcium Phosphate (Vitamin D), Vitamin B12, Vitamin B1, Phosphorus, Hydrochloride (Vitamin B9), Vitamin B2, Vitamin B12, Vitamin D3.

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NET WT 1 OZ (28g)



BOWL PACK CEREAL

| | ORDERABLE ITEM NUMBER | PACK/SIZE | OZ EQ GRAIN | SHELF LIFE (MONTHS) | KOSHER SYMBOL | SERVING SIZE (g) | TOTAL CALORIES | TOTAL FAT (g) | SAT FAT (g) | SODIUM (mg) | TOTAL CARBS (g) | TOTAL DIETARY FIBER (g) | TOTAL SUGARS (g) | ADDED SUGARS (g) | PROTEIN (g) | WHOLE GRAIN RICH | SMART SNACK QUALIFIED | CACFP QUALIFIED | ≤6g TOTAL SUGARS PER OZ. |
|--|-----------------------|-----------|-------------|---------------------|---------------|------------------|----------------|---------------|-------------|-------------|-----------------|-------------------------|------------------|------------------|-------------|------------------|-----------------------|-----------------|--------------------------|
| SMALL BOWL PACKS | | | | | | | | | | | | | | | | | | | |
| Frosted Shredded Wheat | 27177 | 96/1 oz | 1 | 12 | | 28 | 100 | 0.5 | 0 | 0 | 23 | 3 | 6 | 6 | 3 | ★ | ★ | ★ | ★ |
| Frosted Strawberry Shredded Wheat | 27150 | 96/1 oz | 1 | 12 | | 28 | 100 | 0.5 | 0 | 0 | 23 | 3 | 5 | 5 | 3 | ★ | ★ | ★ | ★ |
| Fruity Pebbles GF | 29594 | 96/1 oz | 1 | 12 | Ⓢ | 28 | 110 | 1 | 0 | 150 | 24 | 0 | 10 | 10 | 1 | | | | |
| Honey Bunches of Oats Whole Grain Honey Crunch | 27315 | 96/1 oz | 1 | 9 | Ⓢ | 28 | 100 | 1.5 | 0 | 65 | 22 | 2 | 5 | 5 | 2 | ★ | ★ | ★ | ★ |
| Berry Colossal Crunch | 02415 | 96/1 oz | 1 | 12 | Ⓢ | 28 | 110 | 1 | 0 | 190 | 24 | 0 | 13 | 13 | 1 | | | | |
| Cinnamon Toasters | 03915 | 96/1 oz | 1 | 12 | | 28 | 120 | 3.5 | 0 | 140 | 22 | 2 | 9 | 9 | 1 | ★ | ★ | | |
| Coco-Roos | 01515 | 96/.88 oz | 0.75 | 12 | Ⓢ | 25 | 100 | 1 | 0 | 85 | 22 | 0 | 12 | 12 | <1 | | | | |
| Corn Flakes GF - As of November 2024 | 00615 | 96/.75 oz | 0.75 | 12 | Ⓢ | 21 | 80 | 0 | 0 | 120 | 18 | <1 | 2 | 2 | 1 | | | ★ | ★ |
| Crispy Rice GF | 00542 | 96/.63oz | 0.5 | 12 | Ⓢ | 18 | 70 | 0 | 0 | 105 | 16 | 0 | 2 | 2 | 1 | | | ★ | ★ |
| Frosted Flakes | 01015 | 96/1 oz | 1 | 12 | Ⓢ | 28 | 110 | 0 | 0 | 130 | 25 | 0 | 10 | 10 | 1 | | | | |
| Honey Graham Toasters | 04515 | 96/1 oz | 1 | 12 | | 28 | 110 | 3 | 0 | 240 | 22 | 1 | 10 | 10 | 1 | ★ | ● | | |
| Honey Scooters SPECIAL EDITION | 27597 | 96/1 oz | 1 | 9 | Ⓢ | 28 | 110 | 1.5 | 0 | 170 | 22 | 2 | 6 | 6 | 3 | ★ | ★ | ★ | ★ |
| Marshmallow Mateys SPECIAL EDITION | 27596 | 96/1 oz | 1 | 9 | | 28 | 110 | 1.5 | 0 | 270 | 22 | 2 | 6 | 6 | 3 | ★ | ● | ★ | ★ |
| Raisin Bran | 00715 | 96/1.25oz | 1.25 | 12 | Ⓢ | 35 | 110 | 0.5 | 0 | 140 | 27 | 5 | 11 | 5 | 3 | ★ | ★ | | |
| Scooters | 27164 | 96/1 oz | 1 | 10 | Ⓢ | 28 | 110 | 2 | 0.5 | 140 | 21 | 3 | 0 | 0 | 3 | ★ | ★ | ★ | ★ |
| Tootie Fruities | 01315 | 96/.75 oz | 0.75 | 12 | Ⓢ | 21 | 80 | 0.5 | 0 | 95 | 18 | 0 | 9 | 9 | 1 | | | | |
| LARGE BOWL PACKS | | | | | | | | | | | | | | | | | | | |
| Frosted Shredded Wheat | 27149 | 48/2 oz | 2 | 12 | | 56 | 190 | 1 | 0 | 5 | 46 | 6 | 12 | 11 | 5 | ★ | ★ | ★ | ★ |
| Frosted Strawberry Shredded Wheat | 27162 | 48/2 oz | 2 | 12 | | 56 | 190 | 1 | 0 | 5 | 46 | 6 | 11 | 10 | 5 | ★ | ★ | ★ | ★ |
| Honey Bunches of Oats Whole Grain Honey Crunch | 27313 | 48/2 oz | 2 | 9 | Ⓢ | 57 | 210 | 2.5 | 0 | 130 | 45 | 4 | 11 | 10 | 4 | ★ | ● | ★ | ★ |
| Cinnamon Toasters | 13820 | 48/2 oz | 2 | 12 | | 56 | 230 | 7 | 1 | 280 | 43 | 3 | 18 | 18 | 3 | ★ | ● | | |
| Frosted Flakes | 00955 | 48/2 oz | 2 | 12 | Ⓢ | 57 | 220 | 0 | 0 | 270 | 51 | <1 | 21 | 21 | 3 | | | | |
| Honey Graham Toasters | 03759 | 48/2 oz | 2 | 12 | | 56 | 230 | 6 | 1 | 480 | 43 | 3 | 20 | 19 | 3 | ★ | ● | | |
| Honey Scooters | 08676 | 48/2 oz | 2 | 12 | Ⓢ | 57 | 220 | 2.5 | 0 | 390 | 46 | 3 | 17 | 17 | 4 | ★ | ● | | |
| Marshmallow Mateys | 05940 | 48/2 oz | 2 | 11 | | 56 | 210 | 2 | 0 | 380 | 47 | 3 | 23 | 23 | 4 | ★ | ● | | |



Gluten Free



This grain-only entrée does not qualify on its own to be sold as a competitive food, but can be served as a competitive food the same day as service or the following day if the school participates in the School Breakfast Program and has designated the item as the entrée in the reimbursable breakfast meal per the USDA Memo SP35-2014: www.fns.usda.gov/cn/grain-entrees-related-smart-snacks-school-standards

Product information is subject to change. Refer to product label on package to verify all ingredients, allergens and nutritional information.

THE FLINSTONES and all related characters and elements © & ™ Hanna-Barbera.(s.18). Yabba Dabba Doo! ™



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Visit www.postconsumerbrands.com/food-service/ for the latest information.

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